



Helpful Hour:
Out and about with hearing loss



**Hearing Dogs
for Deaf People**

Hearing Link Services

3. Planning ahead – setting yourself up for success

“If You Fail to Plan, You Are Planning to Fail” – Benjamin Franklin

That might be extreme, but you get the point! If you want to give yourself the very best chance of success when you are heading out to take part in an activity or event, then planning is the key.

Step 1 – End goal

Before you start making plans, think about your end goal. What are you trying to achieve, and why is it important to you? Keeping this in mind can help you refocus if things don't go as expected or start to feel like a lot of effort.

Step 2 – List the steps

Think about all the steps you need to take to make it happen. Maybe you need to use public transport, book tickets or find out about accessibility options? There might be support available that could help you. Make a list of all the things you need to consider.

Step 3 – Research

Grab your list of steps and see what you can find out. Use these suggestions to guide your research.



Venue research

- If it is seated is there a seating area that would work better for you?
- Is there a time that would work better? Maybe a quieter period.
- Do they have accessibility options available? Maybe a loop, captions, BSL interpreter.
- What else might you need to research?

Travel research

- Think about what transport you need to use.
- Familiarise yourself with the route.
- Use the transport tools mentioned in the 'What helps' information sheet in this set.
- Allow extra time for your travel to avoid any unnecessary stress.
- Consider a Plan B in case something unexpected happens:
 - Is there another route you could take?
 - Is there another time you could travel?
 - Is there someone you can contact if you have difficulties?
 - What else could you do if you need to alter your plan?

If you can't find all the answers you need online, think about contacting the venue or transport provider directly. Explain what you need. If you let them know what might help you, they will be better placed to offer solutions.



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“Going out with hearing loss is achievable, enjoyable if you prepare. Only you have the answer to what works for you.”

– Sue, Peer Support Volunteer

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Manage your energy levels

Living with hearing loss can be tiring. Adding a trip, class, or event can make it even more so. Consider the following:

- The first few times might be tiring but it gets easier as you gain more experience.
- Think about your whole journey, not just the activity. Travelling there, taking part, and getting home all use energy.
- Plan ahead where you can and be kind to yourself about what feels manageable.
- It may help to pace yourself and avoid planning several big activities close together.

Useful links

(These links open external sites. We are not responsible for content on these sites.)

Research tools

Venue accessibility info: [AccessAble.co.uk](https://www.accessable.co.uk)

Transport

tfl.gov.uk/plan-a-journey/

thetrainline.com/journey-planner

nationalrail.co.uk/journey-planner/

Cinema

hearingdogs.org.uk/rnid-cinema

Cinema card: ceacard.co.uk

Captioned film listings: yourlocalcinema.com/

Theatre

hearingdogs.org.uk/rnid-theatre

nationaltheatre.org.uk/your-visit/access

officiallondontheatre.com/access/

delfontmackintosh.co.uk/accessibility

accessscottishtheatre.com/